

TGCTA Kick Off!

April 27, 2021



COOK COUNTY
HEALTH

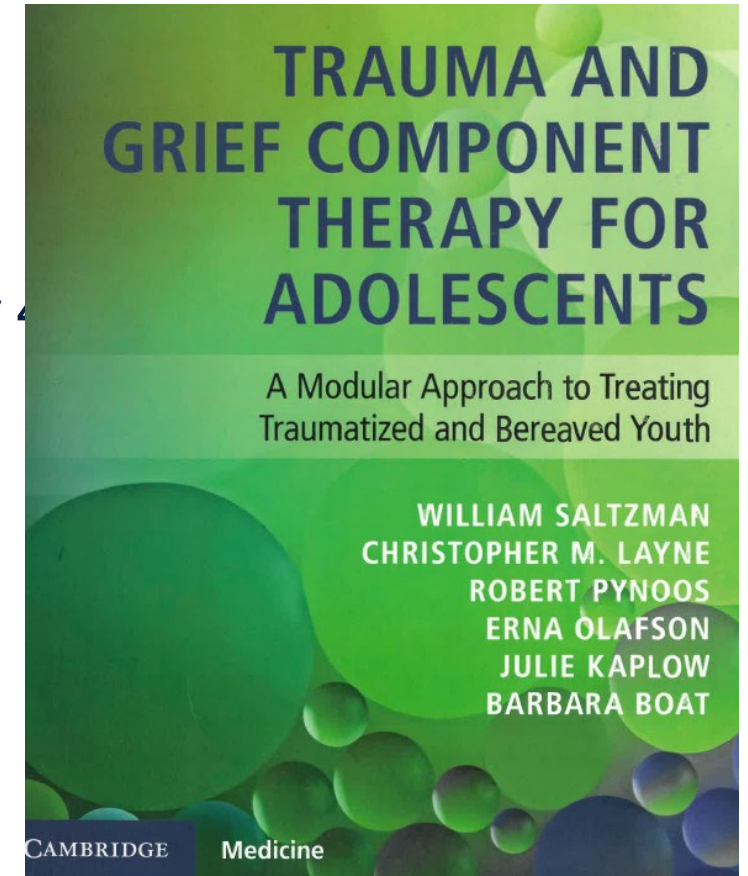
Welcome and Introductions

TGCTA Kick Off

- The NCTSN has offered CCH an opportunity to receive free training in TGCTA: Trauma and Grief Component Therapy for Adolescents

TGCTA (focus areas 2 & 4)

- Training completed on 3/30!
- Implementation meeting took place on 4/6
 - Will begin TGCTA groups May
 - TGCTA Implementation Kick Off meeting scheduled for 4/13
 - Considering efficacy measurement options

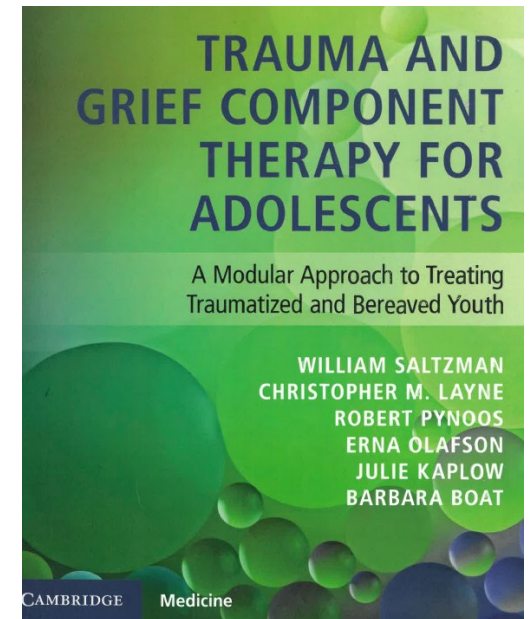


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Short Term Implementation Goals

- 1) Finish viewing recorded training sessions
- 2) Beginning TGCTA with individual cases
- 3) Beginning groups using modules 1 and 4 (in May)
- 4) Some potential use of select module 3 components
- 5) Regular consultation calls with Erna and team (frequency TBD)
- 6) Verify that TGCTA is in Cerner as an option

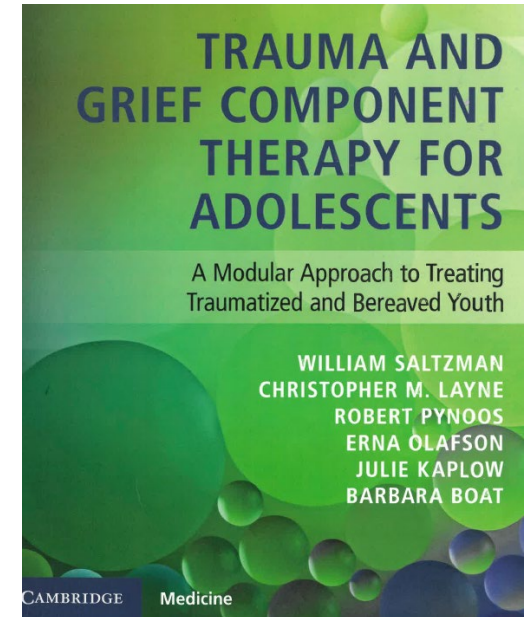


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Long Term Implementation Goals

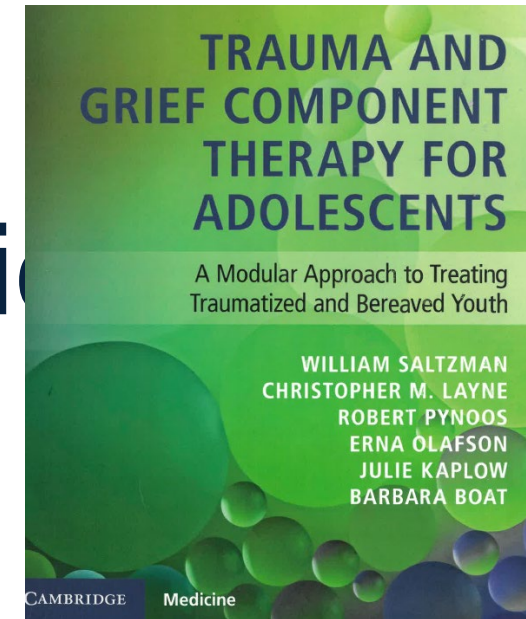
- 1) Begin full TGCTA groups with select individuals from AT pods
- 2) Pre and post treatment efficacy measurement
PCL-5?
CATS?
- 3) Consultation calls as needed or as available



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Staff suggestions for Implementation



Feedback from DYRS



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Began implementation in March. All groups are 5 or less youth, held in the school so more privacy off the unit.

MH staff selected the youth who have expressed willingness to attend and have presented as more open/engaged in other sessions.

We paused on consult calls in February and March because the facility was on lockdown. We resumed the consult call yesterday. Staff shared the following reflections:

- Has been difficult to get youth to discuss history in initial sessions (work sheets about trauma reminders, etc)
- Some discussions have been overwhelming for youth who shut down, sometimes even physically putting heads on desks

TGCTA Kick Off

- A few strategies were offered and endorsed in discussion by Dr. Erna
 - Do the modules individually with youth who are too distracting, overwhelmed, etc
 - Do some of the initial work sheets individually prior to first group and just have them share
 - Spend time on opening tasks they have enjoyed (eating candy to practice mindfulness, coloring feelings poster, using music as intro activity, keep doing ones they like)
 - Some units found the sessions worked better if they showed a movie first (Blue Story has been one of choice by multiple staff) and referred to that movie during discussion on concepts in first few sessions. Youth were less threatened and able to discuss the losses
 - One staff used the ACES with community violence to have youth score themselves before the sessions started so they had a shared starting point and would spend less time claiming no trauma